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THE BRIDGE TO FREEDOM

A Monthly Journal Devoted to Individual Unfoldment, Contact with The Great White Brotherhood and Cooperative World Service

Volume IV NOVEMBER, 1955 No. 8

To Beloved Sanat Kumara, Venus, The Kumaras and the People of Venus:

Gratitude and blessings arise from the Spiritual Hierarchy Who guard mankind. Without the voluntary exile of the Beloved Sanat Kumara, the very substance of this Earth would long since have returned to the unformed. Without the added responsibility accepted by the Cosmic Being Venus in the sustaining of Her Star, Sanat Kumara could not have continued His service to this Earth! Without the presence and love of the Kumaras', Sanat Kumara would not have found the atmosphere of Earth sufficiently permeated with the love from Home to remain! Without the selfless love of the people of Venus who did not call Him back through longings and deep feelings which would pull upon His heart, He would not have remained, for His obligation to life is primarily to sustain and expand the light of His Own Star. Without the descent of the volunteers from Venus who builded Shamballa for Him, Earth would not have had a fitting welcome nor dwelling place for His Noble Presence!

On behalf of the mankind of Earth whose spiritual natures have been warmed in the aura of His Presence, We express the gratitude for those who know not yet of His sacrifice, His very Presence and His service to the sweet Earth and Its evolutions.

THOMAS PRINTZ, *Editor*

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The Homes and Retreats of The Masters of Wisdom

SHAMBALLA, FOCUS OF SANAT KUMARA

(November 15th through December 14, 1955)

Shining in the ethers above the Gobi Desert stands the magnificent City of Shamballa, which was builded centuries ago as the focus for the Lord of the World, Sanat Kumara, and those volunteers from Venus who came to Earth with Him at a crucial time in Her evolution.

Ages ago, the Cosmic Law decided to return the planet Earth to Universal light substance as She and Her evolutions were not contributing light and harmony to the Solar System to which they belong. In His great love, Sanat Kumara offered to come to Earth and abide within Her aura until the mankind of Earth themselves could and would emit enough personal and planetary light to warrant the continued investment of energies from the Sun of the System in sustaining Earth's place as a planet of light.

Before the coming of Sanat Kumara, dedicated lifestreams from the planet Venus volunteered to come to the Earth, passing through the natural gates of birth in physical bodies provided for them by already embodied lifestreams inhabiting the planet. These dedicated lifestreams took upon themselves the task of building a glorious City of Light in the physical appearance world. The Gobi Desert was then an inland sea of sapphire blue. In the center of that sea rested a beautiful island. This island was chosen to be the site for the City of The Bridge, so named because a lovely marble bridge was builded from the mainland to the island over which those who

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qualified might enter the sacred precincts of the City.

For nine hundred long years, these volunteer spirits labored to draw the design and pattern of this City of Light from the memories in their own etheric bodies of a similar city on Venus. They quickly passed from one physical body to another in order to keep the rhythm of their building unbroken. Hordes of savages often descended upon them and wiped out their numbers. Undaunted, they returned again in new bodies and continued their service of love.

Thus, when the Cosmic Moment of Visitation arrived and Sanat Kumara stood in the upper atmosphere of Earth surrounded by His Court of Angels and Masters, the builders of the City on the White Island gratefully knelt before His Presence, serene in the knowledge that the magnificent Temple was in readiness for His Holiness.

Sanat Kumara, with the other Kumaras, descended in grace and dignity. The Immortal Three-fold Flame then burst forth upon the altar of the Temple and thus began the long service of the Lord of the World in keeping the spiritual light alive in the hearts of men.

From the Temple at Shamballa, all Messengers of God go forth to help mankind and once each year, before the closing of the twelve-month cycle, all Messengers and chelas return to Shamballa to bring in the "sheaves" of their service in the fields of life.

Brightly upon the Altar burns the Immortal Three-fold Flame of Life. Each Master, Angel, man and Elemental places the harvest of his year's endeavor within It. Thus the smallest contribution adds to the size, quality and power of that Flame.

(Note: for further descriptions on Shamballa, please see transmission book pp. 16-19; *The Bridge to Freedom,* Vol. II, November, 1953; Vol. III, November, 1954.)

Excerpts from an Address by BELOVED SANAT KUMARA

(On How to Expand Your Light and the Light of the World)

July 4, 1954.

My beloved children, today I bring to you the fullness of My love; that love which has cradled the Flame within your

heart for millions and millions of year; that love which has breathed into the Immortal Spark within your heart, sustaining your individual identity ever since I was privileged to enter into Shamballa and become for you "The Light of the World"!

Beloved ones, long has been your journey and long has been My exile! Now We see the culmination of both in victory through love—you resuming your rightful estate as beautiful Gods and Goddesses, Master Presences of light, and I to return to that Home I love so well—to My beloved Venus; to My people; to the Sun of My System—all because you have chosen to free Me of this—My exile! You hold My ransom within your blessed hearts! You have brought willingly the Flaming Presence of your own Divinity which abides within the Chalice of your own heart and have offered It upon the Altar of Life, that I might be free! *To you, I give My gratitude, My gratitude, My gratitude,* beloved, blessed spirits! You are those who came to Earth with such fire and such promise! You are those who entered the atmosphere of this Earth on a vow of love to be the protectors of Its innocent people; to be "The Light of the World" until they themselves could evolve It. You, too, lost your way! You, too, became enmeshed in the shadows! Now you have heard and answered the call of love and you are walking in the light, radiating the light and contributing to the beautiful aura which is the Light of this world.

The Rhythm of Life

Now, I want you to feel this morning the rhythm of the Immortal Three-fold Flame of Life which is within your heart. *Within that rhythm,* beloved children, *is every power of the Sacred Fire! Within that rhythm also is your freedom and your mastery!* In the resting of your outer consciousness within the rhythm of that Immortal Flame, you shall become Lords of the Flame yourselves, Masters of the powers of cohesion and expansion; Masters of the activities of centripetal and centrifugal force;. Masters of the powers of precipitation and etherealization—for that is the nature of the rhythm of the Flame within your heart. As that Flame draws primal life into Itself, coalescence takes place—substance, obedient to that Flame, becomes manifest as the precipitaed form you desire.

As that which you have drawn from the Universal comes into the compass of your sphere of influence in the expansion of your love and light; as you use it to bless life, you complete the rhythm of precipitation and then the expansion of your precipitated gift enriches the Universe. As you draw the instruction of the Master; the words of love and light; the knowledge by which you may set yourself free; you use the power of cohesion and draw the Masters' Presence by love through the power of the Flame. Then, as you utilize the knowledge received; as you work into the activities of your sphere of influence the blessings of that knowledge through the expansion of the works of the Father and instruction of the Masters, you complete the rhythm of your being, expanding your own light and the light of the world.

Beloved ones, giving and receiving constitute the rhythm of being! This is freedom! The lifestream who draws knowledge into itself and coalesces it by the power of magnetization, but who refuses to expand that knowledge to release and to free others—that individual *immediately imprisons life.* The lifestream who draws from the Universal substance and energy, accumulating much of this world's goods for himself but who refuses to give and thus expand that substance for the glory of God and the blessing of his fellowman, will also experience contraction and tension, not knowing the full freedom of the rhythm of being!

For example: the individual who draws the breath of life and does not release that breath again in an outflow of energy, will soon cease to exist in this physical appearance world. Everything in the Universal which is Immortal, exists on rhythm! I want you to feel that rhythm which is within the Flame of your life. The drawing from any place in the Universe of any God Intelligence Who can help you in your individual service or in your desire to overcome the limitations of this world, *is within the magnetizing power of your Flame!* As you draw from Those Beings that intelligence, that blessing, that "sweet anointing from above", it enters into your consciousness and world. However, REMEMBER THE EXPANSION which is the other half of the rhythm of that Flame and *utilize it well!*

Wise is the man who realizes the rhythm of life! We Who stand within the heart of the Universal with Our attention turned ever toward God, would not seek to draw even life itself did We not know and use the rhythm of the Flame to expand that life to bless the Universal. So must it be with you,

in that magnificent balancing of your own individual Flame.

When first you came to this planet Earth, the glorious Presence of God within the Three-fold Flame filled the entire form which you then wore. That Immortal Flame (the garment of that Presence) was visible to the physical sight of all men at that time. Through the rhythm of that Flame, you were able to draw from Universal light any form you desired, and by the magnetic power of the coalescing action of the Flame, you could design and precipitate food, clothing, shelter, lovely Temples, or whatever was the requirement of the moment. Then, *through the power of your feelings* which energized your thought-forms, there was manifest instantly that which was required to make and keep you happy. *All of that which you drew forth was used for the good of the whole.* Mankind moved in that natural rhythm of life; that natural expansion and contraction; the drawing and giving forth of the blessings of the Kingdom. *Every* man, woman and child was then "about the Father's business". All were interested *only* in widening the borders of the Kingdom, by coalescing into form the Divine Ideas which passed from the "I AM" Presence of each individual into his outer consciousness through the Silver Cord. Each lifestream was like a fountain. It drew the new ideas from the Presence, coalescing around them the elemental substance which responded instantly to their love and their call, thus manifesting the magnificence of form with which they filled the world. This was the time when the Golden Ages were manifest, where Angels, Gods and men walked together and there was no veil between! The "curse of Cain" (labor by the sweat of the brow), disintegration and death were unknown. Those were days of great happiness, beauty and perfection of every kind.

We are now about to witness the incoming of a New Age of Perfection in which your blessed selves are again taking part.

Earth's First Shadows

Then there came an opportunity for selfless service, when the planet Earth was allowed to accept the "laggards" from other Systems who were not far enough advanced to progress with their own planets into a more intense vibratory action of planetary and individual light. Those of you who were guardian spirits of Earth's evolutions (long before the "laggards" came) were told that, in their coming, the knowledge

and consciousness *of good and of evil* would be brought into the atmosphere of this planet and the consciousness of her people for the first time; to a planet which was so sweet and to a humanity so innocent. The guardians then increased their spiritual application, calling for added illumination and strength of the light, not even passing through the chance called "death" for some time, so that they might be ready for the impact of these incoming consciousnesses who brought shadows and to guard the innocent lifestreams belonging to the Earth from contagion and contamination.

Finally, there came to the Earth individuals who (through destructive thought, feeling and experimentation with free-will) had created patterns, forms and manifestations which were not in accord with the Divine Mind of God; not in accord with the beauty and perfection of the Presence of God. Then those upon the planet Earth, looking upon these creations, accepted through their senses into their own consciousnesses, the seed of those patterns and forms of imperfection.

In the beginning, these lifestreams of the Earth had previously received directions only from their own Presence in the form of Divine ideas, desiring only to manifest those Divine ideas in perfect form, invoking the Elemental life that joyously rushed to make the "cup" (the clothing for that idea). *Then,* however, the first disobedience ensued, in their rebellion against the fulfillment of the *Divine* ideas. They then chose to take the creative centers of their *own* thought and feeling and draw out of their own energies and primal life the same patterns they saw externalized by the "laggards" of the System. Having taken the vow of obedience to man, Elemental life was required (by the authority of the life Flame in everyone's heart) to create and sustain these thought and feeling forms, even though they were imperfect. Thus the great veil of maya was woven and the fall of man began.

Alhough the consciousness of the "I AM" Presence is too pure to behold iniquity, the soul (outer consciousness) attached itself to miscreations by its attention and thus began to generate the same distortion of form which it saw. It was then that Archangel Michael, in all the power of His light, fashioned from the substance of light by love, His Sword of Blue Flame. He then took the vow that as long as the creative centers of mankind would imprison Elemental life in these distortions,

He would remain and dissolve them by the use of that mighty Sword, releasing that life again and returning it to the Sun for re-polarization.

What happened to that magnificent Inner Presence (abiding within the Three-fold Flame of Life), which was the Director of the activities of the people of Earth, *when the attention no longer rested upon that Presence?* When the life, the primal essence, which belonged to the individual no longer gave precedence to God, the focus of light and life within the heart began to *decrease* in size and influence. That which life sustained (through attention upon it) began to grow larger. The human creations, the shadows, individual cocoons and mass karma, began to *increase*. Thus, mankind came to the darkest time in the history of Earth's evolutions when *the Flame Itself* (the Immortal Presence of God) *receded*. No longer did the attention hold to the Divine Image and *only a spark of the Immortal Flame remained within the heart*. Truly could it be called the *"UNFED" Flame!* May It now be called "The Immortal Three-fold Flame of Eternal Truth". May It also now be fed continuously by the attention, love and life of every heartbeat!

When this Flame had receded in the hearts of those on Earth until It was only about one-sixteenth of an inch in height, great crises took place in interstellar space. The Holy Christ Selves Who had originally poured down through the Silver Cord the life and protective radiation enfolding the physical form, now, in mercy, decreased the size and volume of energy pouring through that Silver Cord in order to minimize mankind's destructive creations. In time, the Holy Christ Selves of mankind were about to withdraw those sparks and endeavor to begin individualization again through newly created personalities. Even the Earth Itself faced dissolution!

I was among Those Who heard of Earth's crises at the Great Cosmic Council. I was the One Who said that I was sure, if some wholly Free Being would come and nourish those tiny sparks, keep them alive and fan them with all the power of His Divine Love, some day the attention of mankind would return to its Divinity. Some day, primal life which had been pressed into the distortions that have caused the excess weight upon this Earth, would again feed that Flame. Some day, We would expand that Golden Presence that lives within

the Flame in every heart and let it again stand forth revealed through each flesh form.

When I returned to Venus and saw the beauty and magnificence of My Star; when I remembered the original beauty and perfection of the Earth, I was more determined than ever that a planet created in Divine Love, sustained for so many ages by the Masters, Angels, the beings of Nature and Virgo Herself, should have opportunity for redemption. When My Beloved (the Great Being Venus), in all the *renunciation, which is Divine Love in Its deepest aspect,* said: "If the Cosmic Law will allow You to go, you are free to do so!"—grateful I was for the opportunity!

The Coming of Sanat Kumara

Some of you remember the Council on Venus. Some of you here volunteered to go to Earth before Me and create a focus into which I might come. Great was that sacrifice, children of light, children of Venus, My beloved hearts! Earth was then in Her darkest days. The light within the hearts of men was scarcely discernible. Beings of love from Venus Who had known nothing but harmony there, chose to pass into that darkness through the regular gates of birth, accepting bodies provided for them by earthly parents. Nine hundred long years they labored in the building of Shamballa in the midst of that darkness; that blanket of effluvia; the mass creation of the physical and astral realms. These dedicated souls had to hold the vision and the pattern of the City they chose to build. They also had to hold the unbroken connection between the Christ Self, Myself and the outer consciousness through which they were serving. They had to hold back the pressures of lethargy, rebellion and hate *by the very strength of their own light.* In that nine hundred years, more than once were their physical bodies destroyed by hordes of savages who, opposing the light, drove in upon them. No sooner were their physical bodies disconnected from their souls, than they applied again for new Earth bodies from the Lords of Karma. These bodies were quickly provided for them and back again they came! So Shamballa was builded. The perfection of the beautiful White Island grew. My love flowed continuously around the builders, and ever about them stood the sustaining power of My faith until the Cosmic Moment of Visitation came.

The Lemurian Pole Star signified My coming. I bade goodbye to My Star; to My people; to My Love, Beloved Venus Herself! Together with the other great Kumaras, I arose into the atmosphere over Venus as every lifestream upon My planet sang. I remember that well! I have long visioned and hoped for a like return. Now, through your energies, that vision shall become fact!

The Golden Star which will be My chariot is being fashioned from the sweet energies of some among you. My love for you is very great! As the great Kumaras preceded Me upon My journey earthward, They embodied the triple activity of Love, Wisdom and Power. One Kumara ensouled the full power of the Blue Ray; One the Gold and One the Pink. As our beloved friends awaited Us in Shamballa, the Kumaras descended upon a pathway of Flame and created a Three-fold Flame in the heart of Shamballa into which I stepped. In that same moment that Three-fold Flame was attached to the sparks of light within the heart of every lifestream belonging to the evolutions of Earth. The Three-fold Flame which We brought has been breathing the spiritual fire into each such lifestream on Earth and has sustained the identity of the egos belonging to Earth's evolutions, all this time. It is like a Cosmic bellows that has played through the Three-fold Flame in the human heart.

Thus We took up Our abode upon the sweet Earth. Through the same power of centripetal and centrifugal force of which I spoke (cohesion and expansion of the magnetic power of Divine Love), We then began to magnetize the Flame in the hearts of some of the guardian spirits who were not sleeping too soundly and who were not too enthusiastically engaged in using primal life for the satisfaction of the personal self.

Beginning of Great White Brotherhood

In this way, the Great White Brotherhood began. The Three-fold Flame within the heart of Shamballa, within the hearts of the Kumaras and Myself, formed the magnetic heart of the Great White Brotherhood by Whom you have all been blessed and of which Brotherhood you all aspire to become conscious members. Now we are expanding the activities of that Brotherhood by turning the attention of the guardian spirits

and of all the people back to the Immortal Three-fold Flame within their hearts. We are encouraging them to control the attention, taking it away from the appearance world, away from the human creations and shadows; turning it to the power of the Presence of God within the heart. We are endeavoring to assist you all to nourish that Flame of Divinity and Mastery and to make It expand. In the case of conscious chelas, that Flame has already grown to a point where your inner perception and consciousness has accepted the Image and Likeness of your Presence. The small Divine Presence which once filled your entire body, is beginning its expansion again through the upper part of your physical form until one day you will become the Master Presence of life. This small replica of your own Divinity (as your attention goes to It and as you invite and invoke It to use the energies of your life to produce perfection), will mature and expand in power. As It does so expand, shadows, discordant creations and the maya of human appearances will decrease. *As the "I AM" in you increases, the discordant creations around you will decrease.*

Beloved ones, the mathematical precision of the Law of your life is such that I long to get this one point firmly anchored in your consciousness. *The "I AM" Presence of God Who once filled your being, has decreased because you voluntarily chose to take your life and attention from It and place your attention upon the creations of the thought and feeling forms which you saw around you!* The Presence of God will again increase within you as you take your attention away from the discordant creations in your own world, no matter what they are—limitations, ill health, inharmony—all creations that are distasteful to you and to others. When you take primal life (the essence of God) and turn the flow of that life through your attention toward your God Presence *often enough,* that God within you will stand revealed! You will not have to tell any man where your life is flowing. Each man is an open book in himself. Wherever your life has been directed, the resultant appearances are a manifest expression in your world.

Beloved hearts of light, *within you is the Presence of Almighty God! It is the same great Presence of God which I have used to sustain this planet in the Universe.* Whatever your mind can conceive; whatever your heart can feel; *this Presence*

(*Concluded on page* 23)

THE MASTERS OF WISDOM SPEAK

ON: THE SPIRIT OF GRATITUDE

MAHA CHOHAN

A grateful heart is a natural radiating center of light which contributes to the light of the world. No man can *feel* gratitude without emitting a vibratory action of harmoniously qualified energy which permeates his own inner and physical bodies and then stimulates the energies of those he contacts to a like spirit of gratitude for life and its manifold gifts.

EL MORYA

There is no individual so poor in spirit nor in substance that he cannot honestly find something for which to be grateful. Cultivating the feeling of gratitude toward the elements which serve him (water, air, earth, sunshine) changes the vibratory action of his personal world and opens the doors of his soul to the Spiritual Source which has endowed him with life, intelligence and being.

KUTHUMI

The therapeutic value of gratitude cannot be minimized by the chela who is endeavoring to consciously raise and sustain the vibratory action of his own consciousness. Any individual knows how his own spirit responds to a sincere expression of gratitude from a fellowman. Think then how the Father of all must respond to a sincere expression of gratitude to Him for life, opportunity for self-expression, and the innumerable gifts which He has bestowed upon His children.

PAUL, THE VENETIAN

Many times, in dealing with individuals who are sunk in personal miseries and despair, the cry goes up "what have I to be grateful for?". These individuals need the assistance of someone who has the tact, understanding and diplomacy to point out the manifold gifts of blessing which are the common heritage of the race. Gratitude for the individuals who have contributed to the comfort of the race through the development of a seed idea into a practical invention; a scientific means of curing disease; a spiritual formula for soul purification; a magnificent composition which gives peace to the troubled mind and turbulent feelings; is a good way to start cultivating a conscious awareness of the manifold blessings of life. Some have not yet "eyes to see" and require the delicate direction of those who *can see* the beneficent blessings given directly by God and entrusted by Him to man for development.

SERAPIS BEY

One of the qualifications for successful accomplishment of service in this world of form is the development of an awareness of the gifts of God, the Masters, Angels and mankind, to the chela who applies for opportunity to complete his course and return HOME. There is no soul so self-reliant; no individual so complete, that he has not benefited in the past and does not benefit each day, by the energies of others who have helped to create the blessings which all enjoy. An individual who desires to achieve the Ascension must *desire* to give to life something of himself, as a balance to the evolution of which he is a part, in gratitude for the gifts given him which sustained him to the present day.

HILARION

Scientifically speaking, vibration is consciously created by thought, feeling, action and the spoken word. Vibrations that are inharmonious create clouds of impure substance in the aura of the individual sending them forth. Gratitude is a *feeling* which changes the quality of vibration and creates light and harmony in the aura. It is not enough to be grateful in the *mind*. One must consciously endeavor to be grateful in the *feelings*, where the greater portion of the personal energies of the individual are qualified. A grateful heart creates a happy mind, a healthy body and adds to the light of the world.

JESUS

Taking for granted the services, gifts and blessings to his life, has delayed the victory of many an individual. The very constancy of the Sun in Its outpouring, has made many forget how much they owe to Its Presence in the Universe. The re-

moval of a source of blessing often results in a "shock" to the personality which has been the recipient of spiritual illumination, elemental sustenance or even physical comforts. Then, *too late,* that individual realizes that the gifts which he had taken for granted had been essential to his well-being. This often results in an attitude of bitterness because of the removal of the gift. Rather, the individual should realize that *feelings of gratitude and thanksgiving* for their blessings every day would sustain those blessings by the power of magnetization for as long as the person required them. Often, in My ministry, when sometimes whole groups of people were healed simultaneously and only one returned to express gratitude, I asked: "Where are the other beneficiaries of God's mercy and forgiving grace?"

SAINT GERMAIN

Gratitude for the small blessings of daily life builds a momentum which gives the soul a wider perspective with regard to the innumerable gifts which are constantly poured out for his personal benefit. Life should be a constant "Prayer of Thanksgiving". Not only on one day of the year should mankind give a cursory glance at the benefactions around him, but *daily* his heart should swell with sincere gratitude just for *being!* All of Us Who have arisen to the Ascended Master Octave live in a consciousness of constant thanksgiving to God, Our fellow-servers in the Spiritual Hierarchy, the Angelic Messengers, the Angel Devas and the sincere, sweet members of the human race who have reached up their hands to joint with Us in Our endeavors to create an aura of light for this Earth, transforming it from a shadow planet into Freedom's Star!

(Note: See "Song of Thanksgiving" in *The Bridge to Freedom,* Vol. II, No. 8, 1953.)

THE GURU AND THE CHELA

By the Ascended Master Kuthumi

On: Expanding the Light of the World

CHELA—Beloved Master: We are told that it is essential for the chelas to expand the light of the world. Can you give us a practical way of doing this?

GURU—Blessed chela: Certainly! Every individual is a magnetic center drawing primal life from the One Source, qualifying that life, giving it form and sending it out into the world as either light (harmonious, pure, beautiful vibrations) or as darkness (inharmonious, destructive, disintegrating vibrations). It is the capacity to draw forth from oneself first, and then from others, energy harmoniously qualified, which expands the light of the world.

CHELA—Beloved Master: How can a chela consciously induce such release of harmonious energy from others?

GURU—Blessed chela: The chela has the capacity to create the conditions which stimulate the response of the Immortal Flame of God in every man. For instance, a kind, encouraging, interest in the welfare of a man causes the soul of that man to emanate a vibration of gratitude, enthusiasm, faith and love. This constructive radiation from such an individual makes an aura of light around him and he becomes a focus through which the light of the world expands. Whatever a chela does to make his fellowman more comfortable, more happy, or more secure, expands the light of that fellowman and contributes to the light of the world. Conversely, whatever a chela does to plunge the soul and consciousness of a fellowman into despair, discouragement, or distress, stimulates the release of dark clouds of misqualified energy and adds to the shadows of the planet. Thus, practically, the light of the world is expanded by the development of personal and universal kindness toward those who hold within their hearts the spark of Divinity. To kindle that spark one must be *practically* kind.

CHELA—Beloved Master: Therefore, it would seem that every man has opportunity (no matter how small his personal orbit), to create greater happiness in the lives of those around him—in his family life, his business world, his religious association or his civic group.

GURU—Blessed chela: You have spoken truly. Many have taken the admonition to expand the light of the world too abstractly. Each human heart is like an electric light bulb which must be consciously connected with its Source and then illumined from within. The true feeling of divine love, understanding, tolerance and interest stimulates the potential light within the bulb (heart), helps the individual to reach toward his own Source, and ultimately causes that bulb (heart) to blaze with its full light.

CHELA—Beloved Master: Cosmically speaking, do not the group activities also help to expand the light of the world?

GURU—Blessed chela: Certainly! Through the group activities the invocation of the purifying radiation of the Sacred Fire removes pressures of destructively qualified energy from the atmosphere of Earth as well as from the auras of individuals, making it possible to more easily reach the "hidden spark" of Divinity within each heart. However, just the service rendered in the group activities is not enough for the full development of the student. He should purify his individual world, develop feelings of solicitude for the needs of others and a desire to help to fill those needs, as well as learning how to live harmoniously with his fellowman at all times. This is essential to cultivate that spark of Divinity and make of it a Flame which lights the aura of the individual. As all these auras are lighted by happiness, peace, harmony, beauty, understanding and love, you shall see the entire Earth "alight" as Freedom's Star.

CHELA—Beloved Master: Your instruction, then, points us toward the limitless opportunity of creating light in our present environment by lighting the feelings of others?

GURU—Blessed chela: True. However, as you are about your Father's business, *tell no man*. Thus you will avoid the rebellions of the outer selves of others which is a vibratory action of darkness and which would defeat your purpose. Every chela *can* perform those acts; speak those words; radiate those feelings in his own world, which make the individuals around him happier and more harmonious. Wise is the chela who renders this service unostentatiously and thus becomes the Cosmic "torch" that kindles the sparks in his fellowmen without acknowledgment and acclaim.

CHELA—Beloved Master: Some people do not respond to overtures of interest, kindness, solicitude and love.

GURU—Blessed chela: That is not true. If the overtures are made through effort of human will and do not carry the real feeling of interest and love from the heart of the chela, the soul of men instinctively recognizes such endeavors as "sounding brass and tinkling cymbal". When the chela's *heart* is stirred; when the sincerity of his purpose is to truly stimulate the light (harmonious vibrations) through another, he need not even *speak* but his own aura will be a

pressure of loving energy which can and does raise those about him into harmonious expression. Try this and see the truth within this counsel.

GUIDE FOR MAGNETIZING DAILY RADIATION

Each day of the week is under the specific radiation of one of the Seven Rays. Individuals who are apprised of this specific radiation and the Beings Who direct it, will receive great added assistance in their personal applications by "tuning in" to the Ray and Its Directors.

	Ray	*Color*	*Quality*	*Elohim*	*Archangel*	*Chohan*
Sunday	First	Blue and White	Faith	Hercules	Michael	El Morya
Monday	Second	Yellow	Illumination	Cassiopea	Jophiel	Kuthumi
Tuesday	Third	Pink	Love	Orion	Chamuel	Paul the Venetian
Wednesday	Fourth	White	Purity	Elohim of Purity	Gabriel	Serapis
Thursday	Fifth	Green	Consecration	Cyclopea	Raphael	Hilarion
Friday	Sixth	Ruby or Gold	Ministration	Elohim of Peace	Uriel	Jesus
Saturday	Seventh	Violet	Purification	Arcturus	Zadkiel	Saint Germain

The above information is quite valuable to the student on the Path, for it enables him to "tune in" *consciously* to the benefactions of each Ray, each day. You see, the Seven Rays, directed and qualified by Their respective Chohans, play upon the Earth in succession every twenty-four hours. Each day brings its own particular blessing of radiation which the atmosphere absorbs, causing all the people to automatically breathe in the God quality of the day. This renders a certain definite service, of course, but the conscious student can have a greatly intensified release of that same blessing by giving the Ray of the day his attention, trying to remember the Master in charge of the day, His nature and desire to radiate that nature through the student, wherever he may be. It helps greatly to either wear something of the color of the day upon the person, carry a handkerchief of that color or, in some way, keep the outer mind reminded of the opportunities at hand. Experiment with the idea—it is interesting!

Excerpts from an Address by
BELOVED MASTER MORYA
On: Chela's Training by Master

Aug. 20, 1955.

"The standard set for the chela who is going to serve the masses in Our Name *is high!* An individual who is teaching a horse to jump causes the animal to hurdle rail after rail and the horse is taught to combine muscle, sinew, nerve and intelligence until he can vault over higher and higher obstacles. In your own training for mastery, as you increase in your capacity to jump over the low hurdles, We give you new strength and counsel to increase your spiritual knowledge and capability to serve and surmount the higher hurdles upon life's path.

Our instructions and corrections are provided not to depress and fill you with self-depreciation, but rather to give to you the realization that you have mastered the 'hurdle' laid down for you previously and have jumped over it with ease. The Master then feels that it is time to place a higher 'rail' for you to clear, so that in the final 'steeple-chase' you may surmount the highest obstruction with dignity, poise and efficacy and be of credit to Those of Us Who have loved you well enough to take the responsibility for your training and development.

Do you know how much love it takes to spur a lifestream on? Some of you who have worked with the public through the years have some concept of the energies required to sustain the interest, enthusiasm and service of many individuals. Many of you know what tenacity of spirit and faith of consciousness is required to stand for weeks, months and years, pouring forth your life-breath into the souls of men and women, spurring them on despite the restrictions of your own karma and theirs as well; holding and sustaining them on the spiritual path.

This is Our service from the Ascended Masters' Octave. It is your service in your group endeavors and it is, likewise, the service which is expected from every student in relation to his fellowman. Easier far would it be to turn one's back upon mankind's distress and enjoy a personal nirvana! Easier far would it be to 'fold one's cloak' about one and gaze in imagination at the snow-capped peaks of Himalaya's mountains, than

to 'work in the valley' where disease, distress and death stalk the human race and where mankind mills about, seeking a way back Home!

You, beloved ones, are among the few lifestreams scattered across the face of the Earth whom mankind will one day bless. Despite your own personal depletions, you have been firm in inspiring spiritual application for the many, often hiding your own limitations behind a front of bravery so as not to scandalize the doubtful consciousness of those not yet grounded in understanding of the Law. *When these brave lifestreams 'flag' in their enthusiasm, they always have My enthusiasm and all the power and all the mastery that is Mine to help them!"*

GROUP INSTRUCTION LETTER FOR TRANSMISSION CLASS

November 19, 1955

BELOVED CHILDREN: YOU ARE THE LIGHT OF THE WORLD!

I call to the blessed Presence of Sanat Kumara to expand the Immortal Three-fold Flame within your hearts and to balance the triple activities of Love, Wisdom and Power, so that you may experience the joy of living in the perfect balance of the "Middle Way"!

As the Great Masters, Angels, Devas and Cosmic Beings walk over the marble bridge to visit the Temple of Sanat Kumara, so do We invite you to enter that Sacred Presence, bringing in the harvest of your year's earnest endeavors on behalf of God, the Spiritual Hierarchy and your fellowman. Thus will burn more brightly than ever before the Immortal Flame upon the Altar of the Temple as your life adds to the composite good of Ascended and unascended lifestreams. On the return current of your attention, there shall flow into your worlds the poise, balance, patience and mastery which is embodied in the Lord of Love, Sanat Kumara! Accept it, blessed "Light-Bearers", and carry your light this new year with greater dignity, faith, confidence and wisdom!

Love and blessings,

MAHA CHOHAN.

The statement for the Transmission Class of November 19, 1955, is:

1	2	3	4	5	6	7	8
I AM	inbreathing	th'patient	love and	forgiving	feeling	of Sanat	Kumara
I AM	absorbing	"	"	"	"	"	"
I AM	expanding	"	"	"	"	"	"
I AM	projecting	"	"	"	"	"	"

Color of flame: pink, gold and blue; Hierarch Sanat Kumara; Keynote—Caprice Viennois.

GROUP LETTER TO TRANSMISSION CLASS

November 19, 1955.

DEAR, GOOD, GENTLE READER:

God bless your life! We love your life for, after all, *your life is you,* isn't it? You are not your body, your position in society or your standing among your fellowmen. Your body is one of your possessions (at least for the time you are here on Earth) and your position in society and your influence on others are the result of your life and what you have done with it or have *allowed* persons, places, conditions and things to do with it! Think this through, dear hearts!

So, gentle reader, we love your *life* because *you* are the Light of the World. We are grateful, grateful, grateful for it, especially at this time when mankind's need for comfort and help is so great. Now, may we ask you to *stop a moment and think*—"What is my attitude toward *my* life? Am I grateful for it and the opportunity it gives me daily to make all the life I contact happier and more beautiful because I passed that way?" Of course, this is the consciousness of those who love the Light and wish to carry freedom and relief to the masses.

There are some folks who seem to be like the man referred to in the song "Ol' Man River" when he says he is "tired of livin' and afraid of dyin' ". That is a most uncomfortable state in which to be and those who are in it are the people who need our understanding, encouragement, illumination and general help. You see, LIFE is the most precious gift of the Father to His children, because LIFE is the essence of the Father Himself. Without this gift there would be no experience life at all—no existence. Perhaps those who possess that gift in a physical body today do not understand that, in order for them to have a physical form, two others (who applied to the Karmic Board at the same time as they) had to be denied. That is the Law! Three individuals who wish embodiment apply at one time and the one who is likely to accomplish the most good through that embodiment is given the opportunity. Therefore, when

one grows tired of life because of the many problems which present themselves for solving day after day (sometimes to the place where they desire to be rid of its presence by unnatural means) it is a dangerous state of consciousness in which to allow one's self to remain. There may seem to be some semblance of excuse for the individual *who does not know* that his gift of life, his beating heart, was given him at the sacrifice of two others who might have made a greater success of their physical existence than he has done. However, when one knows the truth about these circumstances, it makes one think twice before allowing moods of depression, discouragement and resentful feelings to possess him. To allow such moods to remain in the consciousness is ingratitude to and for life; worse than that—they are deliberately allowing God's gift of the substance of Himself to misrepresent His goodness and His Divine Plan to bless life with all good by the radiation of that good through His children, one to the other.

One of the Great Ones has said that it is a tremendous thing to give praise and thanks each morning for the presence of life by which we are enabled to do what we wish to do. It brings bountiful blessings to each such grateful one and saturates his consciousness with a feeling of grateful eagerness to bless himself and others with loving co-operation which brings joy and beauty and Christ accomplishment to all he undertakes. *One can only think of one thing at a time.* Therefore, a grateful consciousness is filled with *light* and cannot be touched by the general worries, resentments and rebellions in the consciousness of those with whom he must associate. In this way, it is an invincible protection, as well as bringing and sustaining a feeling of security and relaxation to his inner and outer bodies. This is conducive to better health, more finances and more friends—in general—it speeds up the fulfillment of one's Divine Plan, which must be completed before anyone can be permanently freed from the wheel of birth and re-birth into Realms of Eternal Light—the victory of the Ascension, longed for and dreamed of by all men.

The decrees for night and morning which follow this letter will be of assistance to anyone who cares to experiment with this consciousness for at least 30 days. Try it! It works!

Lovingly in happy service to the Light— "I AM"

FRANCES K. EKEY

SUGGESTED DECREES

First thing upon awakening in the morning

"Beloved Mighty Presence of God 'I AM', abiding within the Three-fold Flame of Eternal Truth within my physical heart and beating that heart for me, I sincerely thank You for that Presence and gift of Your own life within me. You see to it that I use it this day and always, only for the expansion of Your blessings of good to all the life upon my way. Make and keep every person, place, condition and thing I contact this day permanently happier and more free because I passed this way.

I consciously accept this done right now with full power!

(Repeat 3 times with feeling of deep sincerity and your call will be answered.)

* * * *

Last thing before retiring at night

"Beloved Mighty Presence of God 'I AM' abiding within the Three-fold Flame of Eternal Truth within my physical heart, I humbly and gratefully thank You for the use today of Your most precious gift, my life. I ask my own Holy Christ Self to join me in this call on the Law of Forgiveness for any and all mistakes I may have made as well as any and all omissions of service I might have rendered life, had I been more alert and more harmonious. I now call my Holy Christ Self into immediate and sustained action, asking It to reach out Its great loving hands of light; and seize all the energy I used today; bring it back into my world; purify it; charge it with Its power and feeling of Cosmic Christ love and peace and fulfillment of the Divine Plan; and anchor it back in my being and world for use tomorrow, helping me to prevent the recurrence of the same mistakes. I thank my Holy Christ Self for this assistance for, in such loving co-operation with me, It enables me to move forward steadily, making things right day by day, gathering a momentum of ever-increasing good. When this momentum is great enough, it becomes my passport to Eternal Freedom—the Ascension."

(*Conclusion of Sanat Kumara's Address from page* 11)

of God can do! It says always: "All this I can do, my beloved, and more!" This God Presence *must be invited* and given opportunity to act *for* and *through* you. Through that invitation and opportunity to serve you, It matures and expands.

How to Expand the Light of the World

Beloved children, *when the Presence of God does anything through you, you are expanding the light of the world!* When the Presence of God issues decrees of perfection, through you, you are expanding the light of the world! When you allow the intellect and human ego to accept the credit for whatever is accomplished (even silently within yourself), you are then denying the Presence of God the courtesy of recognition as the *only power* that *can* act! Then *you are only adding to the shadows of personality.* The man who cuts a cord of wood, acknowledging the Presence of God's energy (life) flowing through his arm, as the power by which he works, expands that power of the Presence of God within him, lighting his aura and lighting the world! The singer who acknowledges God as singing through her, expands the light of the world! The woman moving about in the daily household tasks, acknowledging that it is the Presence of God in her which enables her to make the beds, set the table, or cook the meals, is also filling her aura with and expanding the light of the world! *The Presence of God, when invoked and acknowledged, always fills the individual aura with light.*

Now, you who wish to be "The Light of the World," *relinquish now in My Name all power you have ever given to the outer self; all the power you have ever given to others; all power you have ever given to the shadows you have created.* Remind yourselves every morning: "I live, move and have my being in the very Presence of God. I cannot lift a finger except by the use of the life of that Presence. I cannot speak a word but for that Presence". Dedicate and consecrate your conscious mind and feeling to remembering that, as you walk, as you speak, as you think, the Presence of God within you is endeavoring to widen the borders of God's Kingdom. Then shall I have "light-bearers" in fact! *It is so simple a realization and yet within it is your freedom!*

We Who see with the inner sight the magnificent Presence

of God within the Chalice of your heart, long for the day when you make the great surrender of self to that Presence. It will come more quickly than you think! Until that day, remember, I LOVE YOU for, *you are* "The Light of the World". As that Presence expands through you; as the light passes through your body, mind and feelings and as you come into the realization of the natural rhythm of your own Immortal Flame of Life, I shall soon return to My Star, Venus. Yet I shall visit you often in the future, in the fuller freedom that comes from intercourse among those planets whose vibratory action is ONE —DIVINE LOVE. Thank you and good morning!

Excerpts from Instruction by
BELOVED EL MORYA

". . . The institution of a Cosmic Cycle is not the work of a moment! The lowering of the great Divine Pattern and Plan (which becomes the ritual of the New Day) requires the patience, the collaboration, the tolerance and the sustained enthusiasm of every chela who has been chosen as a stanchion in the foundation, upholding the spiritual edifice. In such edifice, the masses will find peace, enlightenment, stimulus to personal endeavor and finally, freedom and victory in their individual journey through the world of form.

We have chosen carefully each pillar of the "New Temple" which will gracefully encompass the services of our Beloved Saint Germain. To each one has been delegated powers and Beings they know not of, Who work constantly to purify, strengthen and raise the chela's consciousness to its highest possible capacity to serve; its most receptive state of thought and feeling! Then comes the great endeavor of directing and sustaining the portion of the vision into that consciousness with sufficient clarity and impetus to make the reluctant energies of the outer self rise in enthusiasm and externalize the prompting from within and above.

Of all the means of reaching the consciousness and raising the feeling of people, *music stands highest on the list* because it is already harmoniously qualified energy—or should be. We shall use it therapeutically; for spiritual stimulation; for individual and collective rituals and service.

THE BRIDGE
TO FREEDOM

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To The Holy Family—Beloved Jesus, Blessed Mary and Dear Joseph:

We send the deepest love and gratitude of the Ascended Host, the Angelic Host and the mankind of Earth for the Holy Family's manifest example of the Divine Nature of The Father, God, through the life expression of His Son, Jesus.

At this Holy Christmas Season, when mankind's attention turns toward the beautiful story of the birth of the Master Jesus, it is particularly fitting that mankind acknowledge not only His birth, but the long years of self-discipline and self-mastery which made it possible for Him to show mankind the true expression of The Father on Earth. Besides His Own magnificent service, We acknowledge the cooperative endeavors of Those loving Ones Who, looking upon the Divine Plan for the Christian Era, consecrated and dedicated Their lives to helping the beloved Jesus in His Mission. His Beloved Mother, Mary, is blessed indeed! Her training and discipline through the ages enabled Her to accept the responsibility of holding and guarding the Immaculate Concept for Him. The Archangel Gabriel, Who intensified the awareness of that Immaculate Concept, is also blessed indeed! The faithful Joseph, Who guarded and protected that Immaculate Concept, is blessed indeed! All the sincere men and women who cooperated with the Holy Family before and after the birth of Jesus, until the Christian Era was firmly established, are blessed indeed!

To ALL, at this Christmas Season, We say: "GOD BLESS YOU! WE LOVE YOU! WE THANK YOU!"

THOMAS PRINTZ, *Editor*

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